

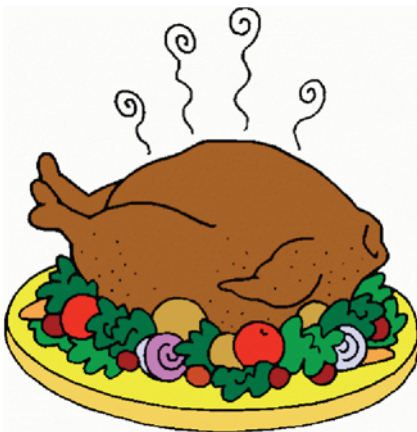


Thanksgiving USA

**American approaches to Thanksgiving dinner
presented by NALWO - Fermilab's Community Organization**

Wednesday, November 18, 2015

Chez Leon



**5:00 p.m. cooking demo and discussion
6:30 p.m. tastings and potluck meal**

Blue Cheese Spread Appetizer

from Mady Newfield

Ingredients

2 packages cream cheese, softened
1 1/2 cups blue cheese, crumbled
1 cup grated sharp cheddar
1/4 cup minced onion
1 garlic clove, pressed
1 tablespoon Worcestershire sauce (or more to taste)
Fresh ground black pepper to taste
1 cup chopped walnuts
chopped parsley, optional

Preparation

Toast the walnuts in a 350 oven until slightly darker in color and fragrant. Let cool.

Soften the cream cheese by letting it sit at room temperature, or using a microwave.

In a medium bowl, or a food processor, mix together the cream cheese, blue cheese, cheddar cheese, onion, garlic and Worcestershire sauce.

Transfer the mixture to a greased bowl, cover and chill several hours. To serve, loosen the edges of the mixture by running a knife around the inside of the bowl, and unmold by turning the bowl upside down on a plate. Cover with chopped parsley if desired.

For a nut-covered cheese ball

Alternatively, you can leave the chopped walnuts out of the mixture. Place the mixture in a separate bowl that has been lined with plastic wrap. Cover and refrigerate overnight.

The next day, gather the cream cheese mixture into a ball. Spread the toasted finely chopped walnuts out on a dinner plate. Roll the cheese ball in nuts until coated. Refrigerate or serve immediately.

Serve with crackers and or sturdy raw vegetables, such as sliced cucumbers.

Molasses Glazed Roast Turkey with Sherry Gravy

Presented by Mady Newfield

MOLASSES-GLAZED TURKEY WITH SHERRY GRAVY

Adapted from Bon Appetit, November 1989

Turkey

- 1 16-pound turkey (neck and giblets reserved)
- Salt and freshly ground pepper
- Stuffing (if desired; if not, use onion, apple and herbs for the cavity)
- 2 tablespoons dark unsulfured molasses
- 2 tablespoons soy sauce
- 3 cups chicken stock, canned low-salt broth, or hot water mixed with broth mix

Giblet broth - Simmer together for 2 hours while turkey cooks:

neck and giblets reserved from turkey (without liver)

4 cups water

1 onion, peeled and cut into chunks

2 carrots, peeled and cut into chunks

2 celery stalks, in chunks

Fresh parsley, rosemary, thyme

Gravy

turkey fat skimmed off of pan drippings - about 6 Tbsp.

defatted pan drippings plus giblet broth to make about 3 cups liquid

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup sherry

salt and freshly ground black pepper

giblets and meat reserved from broth (if desired)

For turkey: Preheat oven to 325°F

Remove packet with neck and giblets. Rinse turkey inside and out. Pat dry with paper towels. Sprinkle inside and out with salt and pepper. If using stuffing, fill main cavity and neck cavity loosely with stuffing, otherwise place a peeled and halved onion and halved apple in cavity, along with fresh herbs if desired. Skewer both cavities closed (you can use a toothpick for this if you don't have metal skewers). Tie turkey legs together. Place turkey on rack set in large roasting pan. Mix dark molasses with soy sauce in small bowl. Brush over turkey.

Roast turkey 45 minutes. Pour 3 cups chicken stock over turkey. Roast turkey 2½ hours, basting every 30 minutes with pan juices or additional soy sauce molasses mixture if some is left. Make sure to keep liquid in the bottom of the pan - if it gets low, pour more broth over turkey. Continue roasting until meat thermometer inserted in thickest part of thigh registers 175°F, covering turkey with foil if very brown, about 1½ hours. Transfer turkey to platter. Tent with foil.

For giblet broth and giblets: Cook neck and giblets (except liver). Strain broth and reserve broth.

Cut up giblets and separate bits of meat for use in gravy if desired. To prepare liver: Heat 2 tablespoons turkey fat or butter in heavy large skillet over medium-high heat. Add chicken livers and cook until just barely pink inside, stirring frequently, about 5 minutes. Add $\frac{1}{2}$ cup giblet broth and bring to boil, scraping up any bits. Pour off broth and reserve. Chop livers.

For gravy: Degrease pan juices, reserving 6 tablespoons fat (if necessary add butter to measure 6 tablespoons). Heat reserved fat in heavy large saucepan over medium heat. Add flour and stir until golden, about 5 minutes. Whisk in pan juices, giblet broth and reserved chicken liver broth. Cook until reduced to sauce consistency, stirring frequently, about 10 minutes. Add sherry, and salt and freshly ground black pepper to taste. Divide gravy between two sauceboats. Mix giblets and meat reserved from broth and livers into one sauceboat. Serve turkey, passing gravies separately.

Serves 8

Wild Rice, Kale and Mushroom Stuffing

presented by Mady Newfield
adapted from ChefDeHome.com

Vegan and Gluten Free
Makes 6 side servings

Ingredients

1/2 cup wild rice, uncooked, rinsed in cold water
1/2 cup long grain rice (like basmati), uncooked, rinsed
3 cups vegetable stock
2 Tbsp unsalted butter
5 crimini mushrooms or 1 large Portobello mushroom, sliced
1/2 cup yellow onion, diced
2 cloves garlic, minced
1 stalk celery, diced
8 kale leaves, ribs discarded, sliced thinly (you can use lacinato or curly kale)
1 Tbsp sage leaves, chopped or crumbled
1 tsp thyme
1/4 cup raisins or dried cranberries
1 Tbsp parsley, chopped
Soy sauce, salt, and pepper to taste

Directions

Cook rice: In a large pot, bring wild rice and 2 cups of stock to rolling boil, then continue boiling for 45 minutes (or more), or until rice grains are tender and split open. Season the stock with 1/4 tsp of salt (if using low-sodium stock). Add the rinsed long grain rice to the pot with 1 cup more stock and continue cooking, until that rice is tender.

Cook kale and mushroom mix: Meanwhile, slice the mushrooms, celery, kale, and onion. Then, melt butter in a deep skillet, add mushrooms, kale, onion, garlic, celery, sage, parsley, and thyme. Season with soy sauce, salt and pepper. Cook about 20 minutes, until kale has wilted.

Assemble: Mix cooked rice with the kale-mushroom mix and raisins and place in ovenproof baking dish. Preheat oven to 350 degrees.

Bake: Cover and bake for 15 minutes, then uncover and bake for an additional 10 minutes, if you like dressing that is crusty on top.

Serve hot stuffing immediately or bring to room temperature and then refrigerate for up to 5 days. Recipe doubles easily, simply adjust the herbs as per taste and make this stuffing for a bigger family gathering.

Twice Baked Potatoes

Presented by Kiersten Liedberg

Ingredients

8 large potatoes, washed
3 tablespoons canola oil (optional)

2 sticks butter
1 cup sour cream
1 cup Cheddar or Jack cheese (or a mix of both), plus more for topping
1/2 cup milk
2 teaspoons salt (or more to taste)
Freshly ground black pepper

Optional Additions:

1 cup bacon, chopped
3 green onions (scallion), sliced
1-2 jalapeno peppers, finely diced

Directions:

Preheat the oven to 400 degrees F.

Place the potatoes on a baking sheet. Rub them with the canola oil and bake for 1 hour, making sure they're sufficiently cooked through.

Slice the butter into pats. Place in a large mixing bowl and add the sour cream. Remove the potatoes from the oven. Lower the heat to 350 degrees F.

With a sharp knife, cut each potato in half lengthwise. Scrape out the insides into the mixing bowl, being careful not to tear the shell. Leave a small rim of potato intact for support. Lay the hollowed out potato shells on a baking sheet.

Smash the potatoes into the butter and sour cream. Add the cheese, milk, salt, and black pepper and mix together well.

Optional Additions: If you wish, add bacon, scallions and/or jalapenos.

Fill the potato shells with the filling. I like to fill the shells so they look abundant and heaping.

Top each potato with a little more grated cheese and pop 'em in the oven until the potato is warmed through, 15 to 20 minutes.

Can be pre-made and then heated just before serving. Reheats well.

Sweet Potato and Turnip Gratin

presented by Margie Nagaitsev

from Natalie Dupree's Comfortable Entertaining

Serves 10 to 12

This gratin is particularly welcomed on the holiday table by those who love sweet potatoes and hate marshmallows. The cream and butter make this so delicious your guests will lie in bed and remember it happily all year long. You only serve this kind of dish once in a very long while, so the caloric intake is moderated. If your meal has too many sweet potatoes, see the variation for turnip gratin.

Ingredients

2 to 3 pounds white turnips, peeled and sliced 1/4 inch thick
2 to 3 pounds sweet potatoes, peeled and sliced 1/4 inch thick
1/4 pound (1 stick) unsalted butter
1 to 2 tablespoons finely chopped fresh tarragon leaves
salt
freshly ground black pepper
1 cup grated imported Parmesan cheese
1 cup bread crumbs
2 cups heavy cream

Preparation

Preheat the oven to 350°F Butter a 3-quart casserole.

To blanch the turnips, bring large pot of water to the boil. Add the sliced turnips and cook 5 minutes.

Remove them and drain thoroughly in a strainer.

Gently combine the turnips and sweet potatoes.

Place a layer of the vegetables in the casserole and dot with half the butter. Sprinkle generously with tarragon, salt and pepper, and cover with half the Parmesan.

Make another layer.

Dot with the breadcrumbs and pour the cream around the sides.

Dot with the remaining butter and Parmesan. Bake until the vegetables are soft but not mushy, 1 to 1 1/2 hours.

The gratin can be made ahead several days, or frozen for up to 3 months. Let defrost in the refrigerator and reheat for 30 to 45 minutes in the oven, or reheat in the microwave.

Variation: Turnip gratin: Omit the sweet potatoes and double the amount of turnips.

Whipped Chipotle Sweet Potatoes

from Sandy Spiegel, from Gourmet Magazine, November 2003

Ingredients

5 1/2 lbs sweet potatoes, scrubbed (but not peeled)
1 to 2 chipotle chiles in adobo sauce
3 Tablespoons butter, cut into pieces and softened
Salt and black pepper to taste

Preparation

- 1) Preheat the oven to 450. Line a baking sheet with foil. Butter the scrubbed potatoes. Butter a 2 1/2 quart shallow casserole pan.
- 2) Prick each potato several times with a fork, then place the potato on the baking sheet and bake until soft about 1 to 1 1/2 hours - depends on oven.
- 3) When the sweet potatoes are soft, take them out of the oven and let them cool. Reduce the oven temperature to 350.
- 4) Prepare the chipotle paste: The chiles must be mashed to a paste. Sandy suggests a mortar and pestle to mash the chiles, or they can be chopped finely, or put in a mini-food-processor.
- 5) When the potatoes are cool enough to handle, halve the potatoes and scoop out the flesh into a bowl. Using an electric mixer, beat the potatoes with the butter, salt and pepper and some chipotle paste. Remember that the amount of paste is according to taste (and it is quite spicy!), so start with a small amount and increase the chipotle paste as you prefer. Mix the paste well into the potatoes. Spread the potatoes into the buttered casserole dish and cover.
- 6) Bake in a 350 degree oven for 20-25 minutes until heated through.

You can make the potatoes up through step 5 one day ahead, then cover them and refrigerate. Bring the potatoes to room temperature and then bake according to # 6 above.

Enjoy!

Old School Sweet Potato Soufflé

<http://www.foodnetwork.com/recipes/patrick-and-gina-neely/old-school-sweet-potato-souffle-recipe.html>

Recipe courtesy of Patrick and Gina Neely

Presented by Elena Gaponenko

Makes 6 to 8 servings

Ingredients

Butter, for casserole

3 pounds sweet potatoes, peeled and cubed

Salt

1 (4.5-ounce) can evaporated milk

1/2 cup brown sugar

5 tablespoons unsalted butter, melted

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

2 eggs, beaten

Freshly ground black pepper

1 cup coarsely chopped roasted, salted cashews

1/2 cup mini marshmallows

1/2 cup sweetened shredded coconut

Preparation

Preheat the oven to 350 degrees F. Butter a 2-quart casserole dish and set aside.

Add the potatoes to a large pot of cold, salted water. Bring to a boil over high heat, then reduce the heat and simmer until the potatoes are tender, about 20 minutes. Drain in a colander in the sink.

Mash the potatoes in a large bowl. Add the evaporated milk, brown sugar, butter, vanilla, cinnamon, beaten eggs, salt and pepper, to taste. Mix together until smooth. Pour the mixture into the casserole dish and bake for 25 minutes.

In a small bowl, toss together the cashews, marshmallows, and coconut. Remove the casserole dish from oven and top with the cashew mixture. Bake until the marshmallows are lightly toasted, about 5 to 10 more minutes. Remove the casserole from the oven and let cool for 5 minutes before serving.

Millie's Sweet Potatoes

Presented by Millie Lober

Ingredients

2 pounds sweet potatoes, peeled and cut crosswise into 3/4 inch thick rounds

3/4 cup unsweetened apple juice

2 tablespoons raisins or dried cranberries or currants

1/4 teaspoon ground or crushed whole allspice

pinch of salt

Preparation

Preheat oven 350 degrees. Arrange potato slices in a single layer in large roasting pan

Add juice, allspice and raisins or berries or currants.

Cover with aluminum foil and bake until tender, 30 minutes.

Uncover and turn potatoes.

Continue to bake uncovered, turning once halfway through, until apple juice cooks down and thickens and the potatoes turn golden, about 20 minutes.

Sprinkle with salt.

Chinese Noodle Salad

presented by Wenmei Guo

Ingredients

1 pound noodles
1/2 pound cabbage, finely sliced or shredded
100 grams (3 1/2 oz.) spam
100 grams (3 1/2 oz.) crab stick
Optional: any other meat you want, such as cooked chicken, beef, or pork)
3 green onions
10 grams garlic
1/3 tsp black pepper (
1/3 tsp salt
3 tsp soy sauce (3 teaspoons
Oil

Preparation

1. Cut the vegetable and meat to whatever shapes you like.
2. Put the dry noodles in boiled water. Get the noodles out of water when they become soft.
Note here: If you use the noodle similar to “Lo Mein”, rinse the noodles in cold water once soft, so they don’t become sticky. This step is not necessary for the kind of noodles pictured here.



3. Warm a clean wok or skillet, put a little oil, and add the ground garlic and the head of green onion (the white part, sliced or chopped) to the warm oil.
4. Add the crab stick and spam to the pan when the garlic turns yellow, and stir for about 2 minutes.
5. Add the cabbage to the pan, a little bit salt, and stir for another 3 minutes.
6. Add the noodles from step 2. Add soy sauce. Stir until you think they are ready, and then add green onion (the green part, sliced) and a little black pepper. Stir for another 30 seconds.
7. The dish is ready; enjoy!

Notes

- A: If you like spicy food, you could add the dry red pepper with garlic in step 4.
B: I recommend “Master” soy source, which I got from Chinatown, pictured above.
C: The amount of seasonings is adjustable and depends on your tastes.

Campbell's Classic Green Bean Casserole Recipe

Presented by Susan Kayser

Serves 6

Ingredients

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup
 - or (10 1/2 ounces) Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
 - or (10 1/2 ounces) Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans
- 1 1/3 cups French's® French Fried Onions

Preparation

- 1) Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole.
- 2) Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture.
Sprinkle with the remaining onions.
- 3) Bake for 5 minutes or until the onions are golden brown.

Comments:

It probably takes longer to bake, up to 1 hour.

Adding water chestnuts adds nice crunch.

One can use cream of chicken or cream of onion to replace part or all of the cream of mushroom soup.

Instead of fresh cooked green beans, one can use a 16-20 oz bag of frozen green beans, thawed or canned green beans (3 cans, drained).

You can make this with asparagus instead of green beans.

Replace half the milk with cream cheese.

Whole Roasted Cauliflower

presented by Cynthia Albright

1 large whole cauliflower, approximately 2 lb.
2-3 garlic cloves, minced
¼ cup olive oil
1 tsp dry mustard powder
½ tsp sea salt or kosher salt, or to taste
½ tsp freshly ground pepper, or to taste

Preheat oven to 400 F.

Line a circular baking dish with foil (optional).

Remove the leaves from the cauliflower. Cut out the core, as a wedge. Rinse the cauliflower.

Salt and pepper the underside and place the cauliflower head in the baking dish.

Make a paste with minced garlic, mustard powder, salt and pepper. Stir in olive oil. Brush the entire surface with the oil paste.

Tuck the foil around the head, and place in preheated oven to roast.

Roast the cauliflower until a long skewer can easily pierce through, approximately 45 minutes to 1 hour. The top will be golden brown.

Cut the cauliflower in wedges for serving.

Optional:

Sprinkle chopped parsley over the top

Sprinkle shredded parmesan cheese over the top.

This makes a beautiful presentation when surrounded with a "wreath" of dark green roasted or cooked Brussels sprouts.

Easy Cranberry Orange Apple Walnut Salad

presented by Sherry Nicklaus

May be served hot or cold

1 can whole cranberries (12-14 oz)
1 large can mandarin oranges (12-14 oz)
2 apples diced into cubes
1/2 cup chopped walnuts
(sugar - added or not -to taste)

Mix all ingredients and refrigerate, or warm in the oven.

Some people also add or substitute diced canned pineapple

Cool Whip or whipped cream can be added to the top if preferred.

Cranberry Relish Recipe

from Georgia Schwender

Makes about 3 cups.

You can use either a grinder (an old fashioned one or a KitchenAid attachment) or a food processor to grind up the relish. We prefer using a grinder to a food processor because a grinder does a better job smooshing the cranberries, orange, and apples together while it cuts them up. But either way will work.

Ingredients

- 2 cups rinsed raw cranberries
- 2 skinned and cored tart green apples, cut into thick slices
- 1 large, whole (peel ON) seedless orange, cut into sections
- 1 to 2 cups granulated sugar (depending on how sweet you would like your relish to be)

Preparation

1) If you are using an old fashioned grinder, use the medium-sized grinder plate and set the grinder on the edge of a table with a large bowl or pan to catch the fruit mix as it is ground. Old fashioned grinders tend to leak juice down the grinder base, so you may want to set up a bowl underneath to catch the drips.

If you don't have an old fashioned grinder, you can use the grinder attachment to a KitchenAid mixer, or you can use a food processor. If you use a food processor, be careful not to over-pulse! Or you'll have mush instead of relish.

You can also just chop very finely by hand, but that's difficult, especially with the cranberries.

- 2) Push the cranberries, orange sections, and apple slices through the grinder. Include the orange peel! Alternate the fruit as you push it through the grinder so that different fruits get ground together.
- 3) Stir in the sugar. (Start with less than a cup and keep adding 1/4 cups until you reach your desired level of sweetness.) Let sit at room temperature until the sugar dissolves, about 45 minutes. Store in the refrigerator until ready to use.

Pineapple Cranberry Sauce with Chiles and Cilantro

Makes about 2 1/4 cups

Suggested by Rose Moore, presented by Mady Newfield

Ingredients

- 1 (12-ounce) bag fresh cranberries
- 1 cup sugar
- 1 cup water
- 2 1/4 teaspoons finely grated orange peel
- 1/2 teaspoon salt
- 2 jalapeno (or other hot) peppers, ribs and seeds removed, and finely chopped
- 1 1/2 cups 1/3-inch cubes peeled cored fresh pineapple (or canned crushed or cubed pineapple)
- 2 tablespoons chopped fresh cilantro

Preparation

- Bring all ingredients but cilantro to boil in heavy medium saucepan, stirring often. Reduce heat to medium-low and simmer until most of cranberries burst, stirring occasionally, about 10 minutes. Transfer sauce to medium bowl. Cool, cover, and refrigerate cranberry sauce.
- Can be prepared 1 week ahead. Keep refrigerated.
- Stir in cilantro just before serving.

<http://www.bonappetit.com/recipe/pineapple-cranberry-sauce-with-chiles-and-cilantro>

Pumpkin biscuits

presented by Pauline Berberian

Ingredients

2 cups flour

1 tablespoon baking soda

1 teaspoon salt

1/2 teaspoon allspice

3/4 cup canned pumpkin

1/2 cup milk

3 tablespoon butter, melted

1 tablespoon maple syrup

Preparation

Sift and combine the dry ingredients.

Mix the moist ingredients and add to the flour mixture and mix. The mixture will have a stiff consistency.

Roll out the dough, cut circles with a drinking glass or biscuit cutter.

Bake 12 to 14 minutes @ 350 degrees.

Serve warm with butter.

Makes 20 biscuits.

No Crust Cranberry Pie

presented by Betty Fernandes

Ingredients

1/2 cup butter, melted
1 cup flour
1 cup white sugar
1/4 tsp salt
2 cups fresh cranberries, whole
1/2 cup chopped walnuts
2 eggs
1 tsp almond extract

Preparation

Combine the butter, flour, sugar and salt. Stir in cranberries, nuts, eggs and almond extract.
Place the mixture in a greased 9" pie pan.
Bake at 350 degrees.
Serve warm with whipped topping.

Pumpkin Pecan Pie

presented by Mady Newfield

This recipe is a combination of one from Caputo's and one from Epicurious.com, with my own additions.

Ingredients

Pumpkin Filling

1 cup cooked pumpkin purée
1/3 cup firmly packed light brown sugar
1 large egg, beaten until frothy
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground ginger
Pinch of ground cloves
Pinch of ground nutmeg

Pecan Syrup

2/3 cup sugar
2/3 cup dark corn syrup
2 eggs
2 tablespoons unsalted butter, melted
2 teaspoons vanilla extract
1 pinch salt
1 tablespoon spiced rum, bourbon, or brandy
1 cup pecan pieces

1 frozen or chilled deep 9 inch pie crust, brought to room temperature

Preparation

Preheat oven to 350 degrees.

Prepare pie crust – if not in a pan, fit into pie pans and cut off excess.

Combine pumpkin filling ingredients and blend well. Spread evenly in bottom of pie crust.

Beat together pecan syrup ingredients except the nuts until well blended. Stir in the nuts and pour over the pumpkin mixture in the pie shell.

Bake 50 – 60 minutes or until filling is set.

Cool and serve with whipped cream if desired.